



# Dupont Circle Village

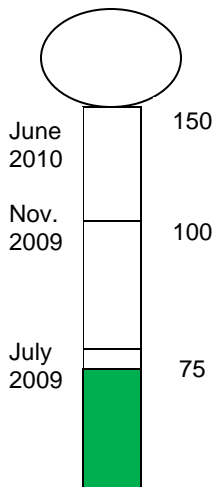
## Special Interest Articles:

- Dupont Circle Village Gets \$25,000 Grant
- Introducing the buddy system
- Health and Wellness Programs Review

## Help Us Grow



Only **14** More to Reach Our Goal--Ask a Friend To Join Today!



*Dupont Circle Village is a nonprofit neighborhood organization that connects residents to each other and to health and well-being services and cultural and social activities.*

## DCV Gets \$25,000 Grant

A hearty thank-you to Ward 2 Councilmember Jack Evans, who worked with the Village to obtain a \$25,000 grant from the District. The grant will enable DCV to strengthen its efforts in community outreach and help subsidize low-income memberships.

"I applaud the good work of the Dupont Circle Village and their commitment to improving the quality of lives for

senior citizens in the neighborhood," Evans said. "My hope is that this grant will allow the newly formed Village to strengthen and expand their programs to touch the lives of more of our seniors. More support for nonprofit service organizations in the arts and humanities groups is especially important in these difficult economic times."

## New Village President

Vice President Peggy Simpson has assumed the role of president of the Dupont Circle Village.

She succeeds our founder and first president, Gerald Allan Schwinn, who resigned to assist his wife, Linda, who was recently diagnosed with cancer. Gerry's efforts enabled us to move from idea to reality. We extend our support and best wishes to both of them.

## Villagers and Friends Party at Pot Luck Dinner

Fifteen people gathered on May 28 at board member Abigail Wiebenson's for a pot luck dinner. The party served to bring friends and neighbors together in an informal setting and provided a forum for discussing the Village and soliciting ideas for future activities and programs.

"We all had a fine time connecting with neighbors and discussing national ideas and local news," host Abigail Wiebenson said. She added that the dinner produced a lot of useful feedback about our Communications and



*Lively talk and good food add up to a sense of community and future connections.*

program activities.

A week later board member Mary Braden was host to a similar

dinner with 7 attendees. Again, the evening affirmed how Village friendly our vibrant neighborhood is.

## Spotlight: Testing the Village Buddy System



*Buddies Edith Chase (left) and Julia Cuniberti enjoy getting acquainted over coffee.*

Two veteran Dupont Circle residents, Edith Chase and Julia Cuniberti are testing the Village's latest venture: a buddy system.

They recently got together for coffee in order to get to know each other. They exchanged family histories and discussed mutual health concerns. Finding they have a lot in common, they decided to become buddies.

They have agreed to contact each other once a day. During the trial period, Edith calls Julia at 10 am each morning and if there is no answer she calls back later. If there still is no response and she is concerned, she calls Julia's nephew or a neighbor.

If Julia doesn't hear from Edith, she makes a check-up call. If she gets no response, she calls Edith's condo building. So far both

women are pleased with how the system is working and have agreed to continue the arrangement.

Now that the initial test has proved successful, we hope to expand the program in the fall. If you are interested in becoming a buddy, please contact Marilyn Newton at [marilynsnewton@comcast.com](mailto:marilynsnewton@comcast.com) or 202-833-1344.

## The Active Village -- Exercising, Cooking, Doing

### Yoga for Seniors

The Village is offering free senior yoga classes for members. The classes are specially designed for students 55+ to improve posture and balance. Individually adaptable, they are suitable for all levels, including beginners and for those with physical limitations.

Classes start in early September and will be taught by Judy Silberman, who specializes in this

type of yoga. You can try it out in a look-see class on July 23rd at 3 pm at the Jewish Community Center, 1529 16th Street, 4th floor. (elevator accessible). For more information and to RSVP, call Judy duBerrier, 202-328-9123 or by email: [judyduberrier@verizon.net](mailto:judyduberrier@verizon.net).

### Cooking Classes

Want to know how to cook interesting meals for one or make really tasty salt-free recipes? If so, sign up for the cooking classes that

will be offered this fall. These and other topics, including Chinese cooking and French baking, will be available. Or, you tell us what you want to learn how to cook. Instructors will be Judy duBerrier, Abigail Wiebenson and Iris Molotsky.

Classes will be limited to five, but we will offer more than one section if needed. Contact Iris at [iris.molotsky@gmail.com](mailto:iris.molotsky@gmail.com) or Abigail at [Abigailwiebenson@gmail.com](mailto:Abigailwiebenson@gmail.com).

### DuBerrier to Serve as Volunteer Head For Summer

The DCV board has asked Judy duBerrier to take over supervision of the volunteers, replacing Elaine Rand, who is undergoing double knee surgery. We wish Elaine successful operations and a speedy recovery

Judy can be reached at 202-436-5252 or through our Webpage: [www.dupontcirclevillage.org](http://www.dupontcirclevillage.org).

## News Notes

The Village has a new office. The Universalist Church at 16th and S Streets has donated free space to DCV beginning mid-July. We are grateful to the church for their help.

Looking for off-beat wedding ideas? Here's one from board member **Caroline Mindel**. Her son remarried last week in a



Jewish ceremony by a Presbyterian minister. The newlyweds are going on a "familymoon" to the beach with children from their previous marriages, both sets of grand- parents and assorted inlaws. What would Ms. Manners say to all this?

Big thanks to **Kerry Bedard**, who was host to

a 4th of July party that included current and future Village members. After much partying, including downing of a flag cake with strawberry stripes and blueberries stars some Villagers walked down to the mall to watch the fireworks.

Our best wishes to several Villagers and their families who are

currently grappling with serious medical challenges: **Linda Posell, Gil Hill, Mary Haber and Guido Fenzi**.

Several DCV board members will be traveling to Europe this summer. **Mary Braden**, her daughter and granddaughter will visit **Iris Molotsky** in Paris.

## Home Health Care Providers Review

Home health care companies such as Houseworks or the others on our list normally would be called in after Medicare-reimbursed skilled nursing/PT care runs out, usually a month or six weeks after a person is discharged from a hospital. Light housekeeping or temporary night stay-overs also might be needed.

**Houseworks** will give a 10 percent discount to DCV members. Houseworks CEO Andrea Cohen developed a groundbreaking model of home health care management by working this past decade with Boston's Beacon Hill, the first Village. Houseworks offers a little as one-hour shifts, if needed, compared to the normal four-hour minimum, and a same-day service of finding and/or replacing caregivers. Houseworks' local manager is Jeff Zukerman: contact him at [jzuckerman@house-works.com](mailto:jzuckerman@house-works.com); 240-821-9800.

Another agency on our list is **Home Care Partners**, which has a sliding scale of fees under a contract with the DC government to offer discounted costs for home health care for lower-income people. There is a waiting list now, but director Maria Lahat suggests that Villagers call her to get on the list. Contact: 202-638-2382.

We also have two care management companies on our list. If you are in the hospital and are not sure of your options, a geriatric manager can, for a fee, assist you in decision-making.

**ESM Cares** is a nonprofit geriatric management group under the Episcopal Service Ministry. It charges \$105 an hour. Contacts: Mary Ann Buckley, 202-364-0020, [mbuckley@esm.org](mailto:mbuckley@esm.org), or Stephanie Chong, 202-364-0013, [schong@esm.org](mailto:schong@esm.org).

**Care Management Associates** is a for-profit company whose clients

### Villagers Now Have Access to An Array of Health And Wellness Resources

Dr. Katalin Roth, director of the George Washington University's Medical Clin and Memory Disorder Clinic, is very enthusiastic about working with the DCV. While the GWU Clinic does not do top-to-bottom health assessments of older persons, a call to Roth's assistant Sherika Langley (202-741-2191) can get a Villager an appointment with a GWU clinic geriatrician. Be sure to mention you are a DCV member. Dr. Roth also noted that the GWU clinic can arrange physician home visits for villagers unable to come to a doctor's office. Langley is again the contact point.

DCV membership brings free access to GWU Hospitals' Senior Advantage program. The program offers an array of health care lectures as well as occasional hands-on meetings with physicians, such as one where people can bring in the prescription drugs they are taking for scrutiny by GWU doctors to make sure there are no conflicts between the drugs. If a Villager is a patient at GW Hospital, the Senior Advantage program needs to know that; contact director Nicole Pokryfka, 202-715-4263. ([Nicole.pokryfka@gwu-hospital.com](mailto:Nicole.pokryfka@gwu-hospital.com))

include several DCV members. Their hourly fee is \$166, billed in quarter-hour increments. Contact: RN Susan Johnson, 301-320-9617.

Also, as reported previously, Village members get a discount on home deliveries of prescriptions from the New Hampshire Medical

Supply Company and Pharmacy. Owner Bruce Frishman, who has roots in Dupont Circle, will waive the \$5 delivery fee on a first order for DCV members. Your doctors can phone orders into the pharmacy directly. Contact: [www.nhmedsupply.com](http://www.nhmedsupply.com) or 202-726-3100.

## How Are We Doing?

We are close to our goal of 75 members by the end of July. With only 14 members needed, please help by talking to friends and neighbors about the Village.

We've provided transportation to members 18 times, run errands eight times, provided volunteer handymen four times, assisted with computer problems 10 times, and worked on landscaping gardens twice.

We are interviewing candidates for the position of Program and Operations Manager and hope to hire someone by the end of July.

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#### Executive Board:

Peg Simpson, president  
Abigail Wiebenson,  
secretary

Mary Braden, treasurer  
Judith duBerrier, acting  
volunteer coordinator

Nancy Hartsock  
Caroline Mindel  
Iris Molotsky  
Marilyn Newton  
Elaine Rand  
Bradley Runyan